

THE FRESH FEED

THE MARQUETTE FOOD CO-OP NEWSLETTER

FEBRUARY 2026



REAL FOOD NEEDS REAL SOLUTIONS



Matt Gougeon
General Manager

I read an article from The Atlantic this morning about the federal government's "real food" campaign. I know I'm going to sound like a broken record, but I want to say a few things about food prices again. Specifically, about the non-enforcement of the Robinson-Patman Act (RPA) since the 1980s and its far-reaching impact on all of us.

This 1936 act was a monopoly-busting regulatory move that leveled the playing field for grocers. It prevented large corporate purchasers of food from driving smaller independent grocers out of markets by strong arming suppliers to give them lower prices than their smaller competitors. Prior to this, suppliers made up for their loss by raising prices for independents. The RPA was instrumental to busting the monopoly created by the Atlantic & Pacific Tea Company (A&P), which held a thousand stores —like stated in its name — from coast to coast.

Back to the article. In short, the government says we all should eat more "real food" and less processed food. That's all well and good on the surface, and if you're a Co-op owner or shopper, you've probably known this for quite some time. But if we scratch the surface a little, we can see the rat's nest beneath.

Further, the article states that millions of Americans don't live near a grocery store. It links to another article that states that federal policy changes during the Reagan Administration in the 1980s, specifically the non-enforcement of the Robinson-Patman Act, led to the creation of "food deserts." This is a misnomer. More accurately, this is food apartheid — government policy that harms or puts at a disadvantage specific populations of people. Now, the article says, the government wants to help these millions of people with limited access to food eat better through requiring convenience stores — which are nearby to many isolated people — to double the amount of "real food" they stock that is EBT eligible. To get these retailers to comply, they are threatened with losing their SNAP permits. Oof. There's some stuff to unpack here.

Consider:

- No matter what claims are being made in this article, convenience stores are not grocery stores.
- Convenience stores primarily sell alcohol, tobacco, candy, processed snacks, soda, and Slim Jims. Oh, and lottery tickets! Very little food.
- Convenience stores will not successfully transition to selling meat and produce. Because it is not part of their business model. Before anyone reminds me about Kwik Trip, as nice as they are (and they are a good outfit), they are primarily a gas station.
- Convenience stores will not compete on price for food with a grocer. See the non-enforcement of the RPA above. And if they do, they will not compete on quality. If a family using SNAP benefits at a convenience store has a choice between a \$5 head of broccoli or a \$5 frozen pizza, which do you think they will choose?

Once the federal government stopped enforcing the Robinson-Patman Act, it, and large corporate grocers, created a problem they now are trying to fix on the wrong end. You see, by running independent and local grocers out of necessary markets through unregulated pricing controls, you cause a cascade of problems. Large corporations drive out independent businesses and their associated better paying jobs. Large corporations then lower real wages, locally. Large corporations restrict access to goods and services for everyone. **Government can't fix these problems by requiring end of the line convenience retailers to sell food, under threat, to people who can't afford anything other than what a large corporation offers.** The problem to get fixed is far, far upstream and rooted in the 1980s.

Thankfully, your Co-op is a grocery store; a conveniently located one. One that prides itself on quality and value. One that values our employees. One that helps you along on your food journeys. One that accepts SNAP benefits and Double Up Food Bucks. In short, we care and are an antidote to problems.

Feel good. Shop the Co-op.

LOCAL SPOTLIGHT

Learn more about the businesses that supply your favorite local products to the MFC



231 WEST PATISSERIE

231 West Patisserie prides itself on quality, detail, and effort. Everything, from the flaky breakfast pastries and signature macaroons to coffee syrups, is made in-house. The menu changes with the seasons, keeping it lively and fresh.

At the Co-op, you'll find delicious, packaged items like house-made granola with sliced almonds and dried fruit, Tessa's Cookie dough (regular and gluten free) in the freezer section, and sweet treats like hand-crafted chocolate bars, dark chocolate covered almonds, and Dea's Nuts savory mix.

Located in the heart of Downtown Marquette on Washington Street, 231 West has a bright and spacious café that captures the vibe of an alpine ski town.

ENJOY 10% OFF ALL 231 WEST PATISSERIE PRODUCTS THROUGH FEBRUARY

Board ^{of} Directors Candidate Guide

2026



JANA HENDRICKSON

About four years ago, our family moved to Marquette from the Pacific Northwest and chose it as our long-term home for a remote-working, homeschooling, and community-rooted life. It has truly become home. I am an international Executive and Leadership Coach with 16 years of experience of running my own business, and am currently completing PhD research in professional coaching, leadership development, and self-actualization. I have worked extensively with business owners, founders, and C-suite leaders navigating growth, transition, and complexity. Before founding my coaching practice, I spent a decade in large organizations, including PricewaterhouseCoopers and Experian, working across business, finance, and marketing. I am German by birth and trained as a Chartered Accountant in the UK. We are loyal Co-op owners and regular shoppers. I'm drawn to serve on the Board to become even more rooted in Marquette and to give back to the community.

Why would you like to serve on the Co-op board of directors?

I was encouraged to apply by Antonio, whose commitment to the community I respect, and I trust his judgment that I could contribute meaningfully. I'm also aware that sustained volunteer leadership is essential and often difficult to resource. I believe strongly in the mission of the Marquette Food Co-op and see the Board as a place where thoughtful governance can protect the Co-op's values while supporting its evolution in a changing economic and social landscape. In my business, I focus on strengthening leaders and systems for the long term, and I'm motivated by helping organizations make grounded, future-oriented decisions that serve the whole membership.

While board experience is unnecessary, have you ever served on a board before? If so, what type of board, and how would you describe your experience?

I currently serve as Treasurer on the board of our local Homeowners Association (CRECA), where I manage bookkeeping, financial reporting, tax filings, banking, and the annual meeting. Previously, I served on the board of a Credit Union in England as Director of Marketing. In my professional work, I have also advised senior leadership teams and boards on governance dynamics, strategic clarity, and decision-making in complex environments. This experience has given me a strong understanding of fiduciary responsibility, role boundaries, and the importance of maintaining a governance, not operational, stance. I approach board service with humility, curiosity, and a commitment to learning and contribution.

Have you done any volunteer work or contributed in some way to our Co-op, another co-op or similar organization in the past? If so, please describe.

I've contributed to community-based and mission-driven organizations through facilitation, mentoring, and volunteer leadership in international sports events, educational groups, professional associations, and nonprofit initiatives in both Europe and the U.S. Locally, I've been involved with homeschooling communities such as ECHO and Classical Conversations.

What strengths or talents do you feel you have that would be assets to the board?

I bring a strong foundation in business, finance, and marketing, paired with deep professional coaching skills such as strategic thinking, deep listening, and values-aligned decision support. I'm experienced in navigating ambiguity, facilitating constructive dialogue, and holding multiple perspectives without rushing to solutions. Having lived and worked internationally, I also bring a cross-cultural lens. Combined with my former background as a Chartered Accountant (CPA) and auditor, this allows me to contribute thoughtfully to conversations on governance, sustainability, and community impact.

What role do you see the Co-op playing in the community today? Over the next five years?

Today, I see the Co-op as a vital anchor for local food access, community connection, and economic resilience, especially as trust in institutions, supply chains, and affordability is increasingly strained. Looking ahead, I expect the operating environment to become more complex due to economic, technological, and social pressures. I hope the Co-op can continue balancing affordability, local sourcing, and financial viability in a way that supports members, producers, and the organization itself. For our family and the broader homeschool community, the Co-op plays an important role in educating children about healthy food, cooking, and participation in community life.



**GREG
HOFFMANN**
(INCUMBENT)

Originally from Wisconsin, I am a Michigan Tech graduate. For the past eighteen years, I have worked as an environmental engineer for the Center for Watershed Protection, a non-profit based in Maryland that focuses on clean water solutions for communities throughout the country. Six years ago, my wife (a Negaunee native) and I moved back from the East Coast and live in Negaunee Township, where I now work remotely. When I am not in my home office staring at my computer, I love to get outside as much as I can, gardening, hiking, playing basketball, or cross-country skiing.

Why would you like to serve on the Co-op board of directors?

The Co-op is a unique and essential institution in Marquette. I have benefited greatly from it, both for the opportunity to shop responsibly and for the community the Co-op fosters. When I ran for the Co-op board last year, I was looking for an opportunity to get more involved in the community and meet more like-minded people. Participation on the Board has delivered both. While I feel like I have only gotten a small taste so far, I am really enjoying the work and the people and would love the chance to continue.

While board experience is unnecessary, have you ever served on a board before? If so, what type of board, and how would you describe your experience?

I have one year of experience on the Marquette Food Co-op Board. When I lived in Maryland, I was treasurer of the start-up Catonsville Cooperative Market for four years. It has been interesting to see the difference between the two organizations. In Maryland, as a start-up organization, with no paid employees, every board member was intimately involved in every aspect of running the small store, including sourcing products, stacking shelves, organizing volunteers, paying vendors, preparing financial reports, and planning fundraisers and member events. This experience gave me a thorough understanding of how a small store operates. Serving on the Marquette Food Co-op has been very different, where I'm learning to serve in more of an advisory and oversight role, rather than a direct action role.

Have you done any volunteer work or contributed in some way to our Co-op, another co-op or similar organization in the past? If so, please describe.

As mentioned above, I have served on this board for one year, and I have several years' experience serving on the board of a small co-op in Maryland. In addition, my day job as a program director at a non-profit has provided me with invaluable experience with organizational management. While the Co-op is not a non-profit, there are several similarities. Both are overseen by a Board of Directors with day-to-day operations run by a general manager/executive director, and both have a mission to fulfill while also staying solvent as a functioning business.

What strengths or talents do you feel you have that would be assets to the board?

I have several strengths to contribute to the Board: I have been described as level-headed and even-keeled; I am good with numbers and familiar with basic accounting practices; and I am willing to both give and receive feedback and constructive criticism. My biggest strength is simply that I follow through on my commitments. Knowing that someone will do what they said they would do is an essential aspect of any volunteer group. Finally, I am a very detail-oriented person, but I have an ability to focus on the details while keeping the big picture in mind. In other words, I can see the trees without missing the forest.

What role do you see the Co-op playing in the community today? Over the next five years?

The most important role for the Co-op now and in the future is to continue to do what it does so well - provide high-quality, unique, and sustainable products to the Marquette community. As Marquette grows, and more people discover the Co-op, growth and change at the Co-op will be inevitable. Any efforts at growth and change have to be undertaken without losing sight of the main mission - so some things will always stay the same.



BAILEY LEWIS

I am a Marquette local who is deeply invested in food systems of the UP as a whole. I currently work for Feeding America West Michigan as their Upper Peninsula Partnerships Coordinator, and have been in this role, as well as Marquette, for the last 3 years. I have worked with the Co-op for the entirety of that time on initiatives for nutrition education and food security. Serving on the board would allow me to invest even deeper into local food and agriculture systems and to help the co-op identify more nutrition and food equity based initiatives in the area. I work with the Co-op on community initiatives occasionally for my job, but this regularity of this work has decreased in the past year.

Why would you like to serve on the Co-op board of directors?

I believe the co-op is a wonderful space for community, education and an equitable supplier for organic produce for the Marquette community. The mission aligns with my values and I hope my experience can add value to the goals of the co-op and what they want to do in the community.

While board experience is unnecessary, have you ever served on a board before? If so, what type of board, and how would you describe your experience?

I have not served on a board prior, but I have worked for non-profit boards throughout my career. I took minutes and administrated meetings for United Way of St. Clair County as well as my current at Feeding America West Michigan.

Have you done any volunteer work or contributed in some way to our Co-op, another co-op or similar organization in the past? If so, please describe.

Because of the nature of my job, I have worked with the co-op on several occasions, but this was not volunteer work. I worked with Sarah Monte on the Recipe for Success grant initiative for 2023 and 2024, helping hand out samples and recipes at FAWM Mobile Food Pantry distributions in the area. I still have a working relationship with the co-op, albeit not as much as I have in years past.

What strengths or talents do you feel you have that would be assets to the board?

I have a strong belief for food equity, food justice and food sovereignty. I have invested years of my career in the charitable food system, as well as local agricultural/food systems. I believe I would bring a new perspective to the board, and be able to lend my knowledge of local food needs and potentially find ways to make aspects of the co-op more accessible for those who may not be able to afford it at the present.

What role do you see the Co-op playing in the community today? Over the next five years?

I would really love to see the co-op invest even more in the community, which I think they do well right now, but I think it could expand even more in the years to come. In my experience, I think we are seeing that Yoopers are in need of nutrition education at all levels, children, adults and seniors. I would hope to see even more opportunities for low-income residents to be able to have access to this kind of education provided by the co-op. I am thinking specifically cooking classes, classes on different kinds of ethnic food, classes specifically for children and senior nutrition, provided to the public and little to no cost.



SUSAN SHEAR

I love food, cooking, learning about food, shopping for food, and making food more accessible to our community. For several years I worked in the IT department for Delhaize America and through providing business analysis and analytics, learned a great deal about the grocery industry from customer experience data to categorization and finance. I love our co-op, the quality of food that it provides and the experiences it cultivates to bring our community together through education and interaction with local food sources. On a recent trip to Scotland, I learned about their community co-ops and visited a variety of markets, green groceries, specialty shops, and supermarkets. I travel a lot both internationally and within the US and enjoy learning from other cultures about what unique experiences they provide in regard to food preparation, preservation, sales, and education.

Why would you like to serve on the Co-op board of directors?

I would like to participate in guiding how we provide high quality foods, connect with local and near local food sources, provide educational services, and provide a place where our community can come together. I think my background in analytics can help guide informed decisions. My experience with international food markets and food culture might also generate some ideas to think outside the box.

While board experience is unnecessary, have you ever served on a board before? If so, what type of board, and how would you describe your experience?

I have served as the director of missions at a church and also on the board of a charter school designed to mainstream children with persistent development disorder. I enjoyed both experiences and I've learned that the most valuable skill is listening. Providing ideas and input are essential, but if we don't truly listen to one another, misunderstanding and miscommunication lead to disunity.

Have you done any volunteer work or contributed in some way to our Co-op, another co-op or similar organization in the past? If so, please describe.

I have volunteered serving food in food pantries. I would definitely like to learn more about volunteering at the co-op and would like to volunteer on a regular basis.

What strengths or talents do you feel you have that would be assets to the board?

My experience in analytics in the grocery industry, my many visits to co-ops and markets internationally and in the US, and most of all my desire to make this community asset a place for Marquette to come together and eat at the table together.

What role do you see the Co-op playing in the community today? Over the next five years?

It's a vital source of food for many in our downtown district. It is a place for high quality foods, food knowledge, and people to come together. I would like to see this grow in that we are an integral part of community events, presenting nutritional information and cooking classes in schools, going out into the community and bringing the community in. I would like to see the co-op spearheading food accessibility and affordability issues in our area and also work toward a community food garden or allotment parcels.



ANGELA STEBBINS

Hi! I am a clinical psychologist and the Department Head of the counseling center at NMU. I am a community centered leader, and I have a professional background in student wellbeing, mental health advocacy, and cross-departmental collaboration. Currently, my work in higher education focuses on building inclusive systems, supporting people through complex challenges, and strengthening community connections. I value cooperative principles, local sustainability, and shared decision making. I bring a thoughtful, people first perspective, strong communication skills, and experience working with diverse stakeholders. As a board member, I would be committed to supporting the Co-op's mission, listening to member voices, and helping ensure the organization remains accessible, ethical, and community driven.

Why would you like to serve on the Co-op board of directors?

I want to serve on the board because I believe in cooperative models that prioritize people, shared ownership, and community wellbeing. The Co-op plays an important role in strengthening our local community, and I want to be part of stewarding the work thoughtfully. Through my professional experience in higher education and wellbeing leadership, I have seen how strong governance, transparent decision making, and listening to diverse voices create healthier and sustainable organizations.

While board experience is unnecessary, have you ever served on a board before? If so, what type of board, and how would you describe your experience?

I have served on numerous committees and advisory groups focused on holistic wellbeing, with an emphasis on supporting students and staff who may be struggling. My work has centered on identifying gaps in support, improving access to resources, and developing collaborative, prevention-focused approaches to wellbeing across organizations. Through this committee and advisory work, I have contributed to policy discussions, program development, and cross-functional decision making that prioritizes mental, emotional, and community wellbeing. These experiences have strengthened my understanding of shared governance, ethical responsibility, and the importance of centering people in organizational leadership.

Have you done any volunteer work or contributed in some way to our Co-op, another co-op or similar organization in the past? If so, please describe.

I have actively volunteered at a variety of community events, including local races and dog sled races. I have enjoyed supporting community engagement, helping events run smoothly, and contributing to shared experiences that bring people together. Volunteering has strengthened my connection to the community and reinforced my commitment to service, collaboration, and supporting initiatives that benefit everyone.

What strengths or talents do you feel you have that would be assets to the board?

I bring a combination of leadership, collaboration, and a people first perspective to the board. My professional experience in holistic wellbeing has honed my ability to identify needs, support diverse stakeholders, and develop thoughtful, practical solutions. I am skilled at facilitating conversations and listening to different perspectives, ensuring that decisions reflect the best interests of the entire community. Additionally, my experience serving on wellbeing committees and volunteering in the community gives me a strong understanding of organizational governance and community engagement.

What role do you see the Co-op playing in the community today? Over the next five years?

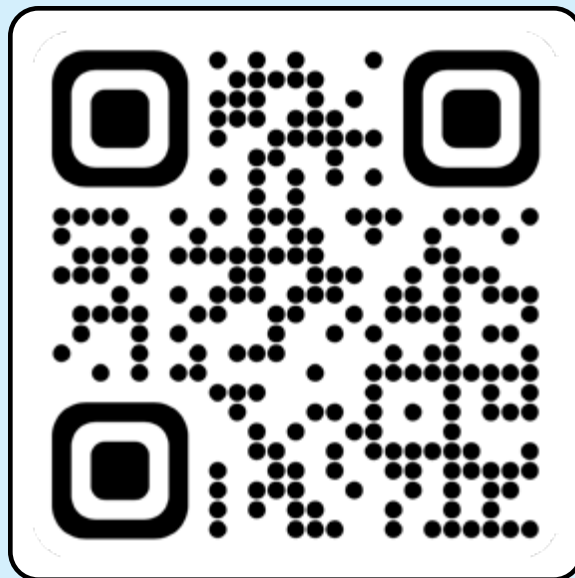
I see the co-op as a community hub that brings people together around shared values, sustainability, and mutual support. It provides access to quality goods and services while modeling cooperative principles like transparency, equity, and collective decision-making. The co-op plays a role in fostering connection, education, and community engagement.

Vote Online

February 3rd – February 19th
at

mfcweb.info/vote

one voter per household





Fondubruary

YOU + ME AND A MELTY POT OF CHEESE

THURSDAY, FEBRUARY 12
11AM-1PM & 3:30-5:30PM

Taste a classic fondue and learn how to make it at home! Our staff will share their tips for making great fondue and examples of what to pair with it. It's a great warm-up meal for a cold winter day or for a retro themed party.

ENTER TO WIN A FONDUE POT OF YOUR OWN!

Featured fondue cheeses are on sale February 11-17

Fondubruary



FONDUE

Serves 3-4 as an appetizer

Recipe from Brendan Carroll, MFC Prepared Foods

- 8oz Gruyere cheese
- 8oz Emmentaler or Jarlsberg cheese
- 1 C dry white wine
- 1 garlic clove
- 1 T lemon juice
- 1-2 T cornstarch
- 1 T ground mustard
- Dash of nutmeg
- Dash of black pepper
- Salt to taste

Begin by shredding the cheese.

Rub garlic clove on the inside of the pot, this prevents sticking and infuses flavor into the fondue.

Bring white wine to a simmer, hold at about 135 degrees for 1 minute. It is important it does not boil. Add lemon juice, cornstarch, ground mustard, nutmeg, and black pepper.

Slowly add cheese, stirring constantly. Add about 2oz per minute until all cheese is added. Bring to 150 degrees. Stir in small amounts of cheese, wine, or cornstarch to achieve desired consistency.

Salt and serve!

While eating, stir often and monitor temperature to ensure the right consistency.

WELLNESS WEEKEND

SAVE 25%

ON VITAMINS, SUPPLEMENTS, AND BODY CARE

FEBRUARY
20-22

LEARN MORE ABOUT WELLNESS PRODUCTS!

Sprout Living demo Friday, February 20, 11am-2pm

Sovereign Skincare demo Saturday, February 21 & Sunday, February 22, 11am-2pm

excludes items already on sale.

WINTER WELLNESS STAFF PICKS

The Zambeezi Honeybalm lip balm has this wonderful honey flavor, doesn't taste artificial, and it heals dry and cracked lips rather quickly. It also doesn't leave your lips feeling greasy or sticky and instead has them feeling soft and rejuvenated after just a couple uses. It's also an affordable lip balm! I've purchased several tubes and leave them in my bedroom, in my winter coat, my backpack, and even in my bikepacking packs so I always have one handy wherever I am.

- Kaleb M.

The Heritage Store Rosewater Refreshing Facial Mist! It's my favorite part of my skincare routine because it makes my face feel great and it smells wonderful!

- Natalie P.

I have been loving the Spirit and Salt Spray from Fat and the Moon. In this season of frigid, dry elements that can be so harsh on my hair, this spritz comes to the rescue with herbalist-formulated ingredients that not only provide texture and bounce, but actively fortify hair and support a healthy scalp. Bonus points for being a salt spray that smells earthy rather than beachy!

- Kelsey T.

My hands get really dry and cracked in the winter months. Wild Carrot Herbals "Lord! My Hands are so Dry!" is my savior. It's really rich but soaks in quickly and smells lovely, with balsam, frankincense, and myrrh essential oils.

- Kelsie D.

The Winter Wellness recommendation I have is the Portland Bee Balm. This is my favorite product because it has limited ingredients and it's long lasting!

- Kevin B.

Sovereign Skincare from Calumet is a new local product line in Wellness! I recommend their Tallow moisturizers.

- Rachel H.

My Winter Wellness pick is Fat and the Moon All Cream. I use it on my face all winter. It is thicker, but not greasy. It stays on my face a long time and has really helped my usual dry spots. If you use their Masa Olive oil scrub first and then the All Cream, my skin feels like I got a facial.

- Amanda L.



SHARE SOME LOVE

FROM THE
MARQUETTE FOOD CO-OP

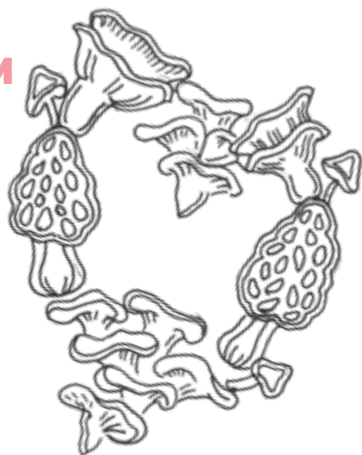
I'M SOY
INTO YOU



YOU ARE
MY BERRY
BEST
FRIEND



I HAVE SO
MUSHROOM
IN MY
HEART
FOR YOU



WE ARE A
MATCHA
MADE IN
HEAVEN



TO:

FROM:

Drawing courtesy of Pamela Valdez, MFC Community Services Coordinator

TO:

FROM:

Drawing courtesy of Pamela Valdez, MFC Community Services Coordinator

TO:

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Drawing courtesy of Pamela Valdez, MFC Community Services Coordinator



MFC ULTIMATE NACHOS

Serves 6-8

If you're looking to feed a crowd during the football game, these are the nachos you need to make. This recipe solves the debate of melted cheese vs. cheese sauce - it has both! If you want to drizzle the sour cream as pictured here, simply thin with lime juice until it reaches the right consistency.

Queso Dip

- 4 oz Monterey Jack cheese, shredded (can sub pepper jack for more spice)
- 5 oz cheddar cheese, shredded
- ½ T cornstarch
- 1 C evaporated milk
- ½ -1 t hot sauce
- 2 T juice from a jar of pickled jalapenos

Meat

- 1 lb ground beef or ½ lb ground beef and ½ lb ground pork
- 1 T chili powder
- 1 t smoked paprika
- 1 t cumin
- ¼ t cayenne pepper
- ½ t oregano
- ½ t salt
- ½ t fresh black pepper
- ½ C chicken broth or water
- 1 can refried beans

Assembly

- 16 oz bag of tortilla chips
- 2 C shredded cheddar cheese
- shredded lettuce
- 1 C favorite salsa
- pickled jalapenos to taste
- optional additional toppings:
- black olives, chopped onion, chopped
- tomato, sour cream, guacamole, sliced
- radishes, chopped cilantro
- pickled jalapenos

Heat oven to 350°F. Line a sheet pan with foil. Set aside.

Brown meat in skillet. Add spices and chicken broth or water. Mix well. Add a can of refried beans to meat and mix until combined. Taste, and adjust spices to your taste.

While the meat cooks, toss your shredded cheese with cornstarch in a medium pot. Pour in evaporated milk and heat over medium heat, stirring nearly constantly. When the cheese has melted, remove from heat and add hot sauce and pickle juice. You can add more of these to make the sauce hotter or have a sharper flavor.

Spoon meat and bean mixture evenly over chips. Spoon queso evenly over meat and chips. Cover with the shredded cheese. Bake in oven for 8-10 minutes until cheese is melted and even starts to brown a bit.

Serve with toppings of your choice, either on the side or layered on top of the nachos.

Try it with hot sauce!
on sale through Feb. 8



MARDI GRAS

LUNCH SPECIAL

Tuesday, February 17th • 11am-5pm

HOT HONEY FRIED CHICKEN

Bone in fryer chicken pieces in buttermilk marinade and fried with spiced gluten free flour, topped with spiced honey and herbs.

COLLARD GREENS (vegan)

Collards stewed with Applewood smoked salt, onions, vegan broth, and apple cider vinegar.

MAC AND CHEESE (vegetarian)

Classic mac & cheese, everybody's favorite.

CANDIED YAMS (vegetarian)

Honey, salt, olive oil, warm spices, and brown sugar.

VEGAN JAMBALAYA (vegan)

Vegan sausage, veggies, warm spices, tomatoes, and rice, topped with herbs.

GUMBO

Spicy homestyle Louisiana gumbo with dark roux, shrimp, andouille, and chicken.

CANDIED JALAPEÑO CORNBREAD (vegetarian)

Caramelized jalapeños in crispy gluten free cornbread with honey.

MAQUE CHOUX

Creamy spiced sauce with bacon, peppers, corn, and parsley.

WINTER VEGGIES THAT COULD USE A LITTLE LOVE

Take a winter stroll through the Co-op's Produce Department in February, and while well out of peak growing season here in the UP, you'll find lots of color. Vibrant and aromatic citrus is at its peak, hardy greens are steadily stocked, and several varieties of winter squash stake claim on the prominent center island. A little more dull, but still deserving of love, are our less-appreciated root vegetables like turnips, rutabagas, parsnips, and beets. They don't shout for attention the way glossy peppers or tender greens do, but with a little love and the right preparation techniques, they turn sweet, silky, and deeply comforting.

PARSNIP

Flavor-wise, parsnips are **mildly sweet, nutty, and earthy**, especially when roasted, which brings out their natural sugars. Raw, they're crisp and a little grassy. Cooked, they turn tender and almost buttery.

*Ways we **LOVE** it prepared: Roasted, mashed, puréed with butter and herbs, or tucked into stew alongside carrots and potatoes.*

TURNIP

Turnips are **peppery and slightly bitter when raw**, with a crisp bite. Once cooked, they mellow out, becoming tender, mildly sweet, and a little cabbage-like. Younger turnips are sweeter and more delicate, while bigger ones can be bolder and more assertive.

*Ways we **LOVE** it prepared: Added to soups for structure, roasted, and mashed. The greens are edible too. They're great sautéed or tossed into braises.*

RUTABAGA

Rutabagas are **mildly sweet, earthy, and slightly cabbage-like**, but less sharp than turnips. When cooked, they become creamy and comforting, with a subtle sweetness that works beautifully in cold-weather dishes.

*Ways we **LOVE** it prepared: Mashed (can be mixed with potatoes) or simmered into soups and stews. In the UP, depending on who you talk to, they're also an absolutely necessary ingredient in pasties.*

BEET

Beets have a **sweet, earthy, umami flavor** that's unmistakable. Raw, they're crunchy and slightly bitter. Cooked, they turn tender and intensely sweet.

*Ways we **LOVE** it prepared: Roasted, boiled, pickled, shredded raw into salads, or blended into soups like borscht or dips like hummus for added color. Both the root and the greens are edible.*





PARSNIPS WITH MISO & PARMESAN

Serves 4-6 • Recipe by Yotam Ottolenghi

Ottolenghi is known for creating spectacular vegetable-forward dishes, and this recipe does not disappoint. The warm and bright arugula salad really complements the sweetness of the roasted parsnips, making this elevated side dish the undisputed focal point of your meal.

- 2¼ lbs parsnips, peeled and quartered lengthwise (or halved, if thin)
- 5 T extra-virgin olive oil, divided
- 2 T fresh thyme leaves, divided
- Fine sea salt
- 1 T white miso paste
- 1 t finely grated lemon zest, plus 1 T juice
- 8 garlic cloves, thinly sliced
- 2 C (packed) arugula
- ½ C (lightly packed) finely grated Parmesan

Heat oven to 450°.

Line a 11-by-17-inch sheet pan with parchment paper. Mix the parsnips with 3 tablespoons of the oil, 1 tablespoon of the thyme, 3 tablespoons water and 1 teaspoon salt, then spread them in an even layer. Roast for 20 minutes, then turn them using a spatula and roast until nicely golden, another 10 minutes.

Meanwhile, whisk the miso and lemon juice together in a large heatproof bowl.

Add the remaining 2 tablespoons oil, the remaining 1 tablespoon thyme and the garlic to a small pan and heat on medium-high, stirring often, just until the garlic starts to turn lightly golden, about 3 minutes, then pour the mixture into the miso bowl and stir to combine.

To serve, toss the arugula in the miso bowl until well coated. Scatter the arugula and any dressing left in the bowl over the parsnips. Sprinkle the Parmesan and the lemon zest over the top.

2026

MARQUETTE

**FOOD
CO-OP**



ANNUAL MEETING OF OWNERS

— **FRIDAY, MARCH 6** —

5-9:30PM @ ORE DOCK BREWING CO.

ASK OUR DIETITIAN

**ACCESSIBLE, TRUSTWORTHY, ONE-ON-ONE
NUTRITION GUIDANCE WHILE YOU SHOP
WITH AMANDA LATVALA, RD**



**THIRD TUESDAY OF EACH MONTH
3:30-5:30PM • AT THE MFC
FREE & OPEN TO ALL**

**MFC EDUCATION COORDINATOR AND REGISTERED DIETITIAN
AMANDA LATVALA WILL BE AVAILABLE IN THE STORE TO:**

- Answer quick nutrition questions
- Help customers read and understand food labels
- Guide customers to products that meet their dietary needs or preferences
- Provide tips on meal planning, portion sizes, and healthy substitutions
- Distribute handouts, recipes, and nutrition information

CALENDAR OF EVENTS

FEBRUARY 2026

Board or Directors Election

February 3-19

Details on page 4-10 | [Click here to Vote](#)

Mardi Gras Hot Bar

February 17

Details on page 16

Ask Our Dietitian

February 17 - 3:30 - 5:30 pm

In-store

Marquette Food Co-op Board of Directors Meeting

February 17 - 6 - 8pm

Co-op Classroom

Wellness Weekend

February 20-22

THE FRESH FEED

This newsletter is digitally published monthly for owners and friends of the Marquette Food Co-op.

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Board of Directors

Tom Rulseh PRESIDENT
Ashley McGrath VICE PRESIDENT
Olivia Kingery SECRETARY
Michael Dewar TREASURER
Maria Danz
Antonio Adan
Greg Hoffmann
Stephanie Weaver
Alex Berger
Matt Gougeon GENERAL MANAGER

Everyone is welcome to attend Board Meetings, held the third Tuesday monthly at 6pm in the Co-op Classroom. For more info: www.marquettefood.coop

Disclaimer

The views within this publication are as diverse as the 5,000+ households sharing ownership of our Co-op, and thus do not represent the store, its Board of Directors, or staff. The Co-op does not prescribe health treatments or products. We offer the extensive knowledge of our staff, and encourage you to prescribe for yourself—every individual's right.

The Marquette Food Co-op provides the region it serves with access to food, products, services, and education that foster a thriving, equitable, and resilient community by:



PRIORITIZING
LOCAL AND
ORGANIC FOOD
SYSTEMS

PROMOTING
COOPERATIVE
GROWTH
OPPORTUNITIES

SUPPORTING
AN EQUITABLE
SHOPPING
EXPERIENCE

FOCUSING ON
SUSTAINABLE
ENVIRONMENTAL
OUTCOMES